

New York Sub Sandwich

Yield: 100

Portion size: 1 sandwich

Recipe source: MA Department of Education/John Stalker Institute

Meal Pattern: 2 oz meat/meat alternate,
2 grains/bread, $\frac{1}{4}$ cup vegetable

Ingredients:

4 $\frac{2}{3}$ lb turkey breast, cooked, sliced

4 $\frac{2}{3}$ lb ham, cooked, sliced

100 each rolls (Kaiser, sub, or Hoagie)

3 heads lettuce, chopped or shredded

3 $\frac{1}{2}$ lb tomatoes, fresh, sliced

4 lb green pepper, sweet, sliced

Methods:

1. Slice meats and cheese into $\frac{3}{4}$ oz slices.
2. Cover and hold in refrigerator until ready to assemble sandwiches.
3. Shred lettuce, set aside.
4. Core tomatoes and slice into $\frac{1}{2}$ oz. slices, set aside.
5. Core peppers and slice thinly.
6. To assemble:
7. Place $\frac{3}{4}$ oz turkey, ham and cheese on each roll.
8. Top with 1 oz each lettuce, tomato and pepper slices.
9. Slice sandwich in half; wrap individually or place onto serving trays.
10. Keep covered and air tight, refrigerate until serving time.

Grand Canyon Cookie

Yield: 98

Meal Pattern: $\frac{1}{2}$ bread/grain

Portion size: 1 cookie

Recipe source: Manteca Unified School District, Manteca, CA

Ingredients:

2 cups butter or margarine
2 cups brown sugar
3 cups sugar
1 $\frac{1}{2}$ Tbsp vanilla extract
5 large eggs

1 $\frac{1}{2}$ qt flour
1 Tbsp baking soda
1 Tbsp salt
1 $\frac{1}{4}$ cups cocoa powder, unsweetened
1 $\frac{1}{4}$ cups fig nuggets
1 cup chocolate chips or bits

Methods:

1. Cream together butter and sugars.
2. Add vanilla and eggs.
3. Sift together flour, soda, salt and cocoa. Add to creamed mixture. Mix until well blended.
4. Fold in fig nuggets and chocolate chips.
5. Drop cookie dough onto greased baking sheets with #40 scoop.
6. Bake at 350 degrees until just set, about -10 minutes.
7. Do not overbake; cookies will still be soft.
8. Cool on wire racks.

Heartland Wheat Breadstick

Yield: 100

Meal pattern: 2 bread/grain

Portion size: 3 oz. (1 breadstick)

Recipe source: Kansas School Food Service Association

Ingredients:

3 oz dry yeast

1 $\frac{1}{4}$ cup sugar

4 Tbsp salt

1 $\frac{1}{4}$ cup dry milk

3 qt water

17 cups whole wheat flour

18 cups flour

2 $\frac{1}{8}$ cups shortening

1 $\frac{1}{4}$ cups sunflower seeds

1 large egg

3 Tbsp water

Methods:

1. Measure yeast, sugar, salt, dry milk and flour (3/4 of total). Cut in shortening using a dough hook. Add water and mix slowly on low speed until water mixes in.
2. Turn up mixer speed slightly and add enough of the remaining flour to make the dough easy to handle; knead 10 times.
3. Let rest 10 minutes.
4. Roll out dough and cut into thin strips, twisting two strips together to make bread sticks.
5. Brush with egg wash (mixture of egg and water) and top with sunflower seeds.
6. Bake at 350 degrees, 10-12 minutes or until golden.

Forefather's Fruit Cup

Yield: 100

Portion size: $\frac{1}{2}$ cup

Meal Pattern: $\frac{1}{4}$ cup fruit

Ingredients:

1-gallon water, boiling

2 $\frac{1}{2}$ gallons water, cold

48 oz. gelatin, flavored, dry mix

2 $\frac{1}{2}$ #10 cans Pears, diced, canned, light syrup pack, solid and liquid

Methods:

1. Drain fruit well. Save juice to be used in combination with cold water.
2. Pour 1 $\frac{1}{4}$ cans of fruit into two 2 inch steam table pans.
3. Add the dry gelatin powder to the boiling water, stir with wire whisk until dissolved.
4. Add cold water (use juice from fruit as part of cold water).
5. Pour gelatin over fruit, stir lightly and chill overnight.

Constitution Cornbread

Yield: 50

Portion size: 1 piece

Recipe Source: USDA

Meal Pattern: 1 bread/grain

Ingredients:

3 $\frac{1}{2}$ cups all purpose flour

3 cups cornmeal

$\frac{3}{4}$ cup sugar

2 Tbsp 2 tsp baking powder

1 $\frac{1}{4}$ tsp salt

3 large eggs

3 $\frac{3}{4}$ cups reconstituted nonfat dry milk

$\frac{1}{2}$ cup vegetable oil

3 $\frac{1}{2}$ cups cheddar cheese, shredded (optional)

$\frac{1}{2}$ cup green chili peppers, chopped (optional)

Methods:

1. Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed.
2. Mix eggs, oil, cheese, and chili peppers. Add to dry ingredients and blend for 30 seconds on low speed. Beat on medium speed only until dry ingredients are moistened, 2-3 minutes. DO NOT OVERMIX. Batter will be lumpy.
3. For 50 servings, pour 4 lb 14 oz (2 $\frac{1}{2}$ quart) batter into 1 half-sheet pan (18"x13"x1"), which has been lightly oiled.
4. Bake until lightly browned: Conventional oven: 400 F for 30-35 minutes, Convection oven: 350 F for 20-25 minutes.
5. For 50 servings, cut half-sheet pan 5x10 (50 pieces per pan).